

Next Issue
Feb 10th

A Load of Old Cuocs

DRONGO - THE ORIENTEERING CLUB FOR CAMBRIDGE UNIVERSITY ALUMNI



Year 22?, No. n+6

Stockholm, Wednesday, 4 November 2009

www.drongo.org.uk

Editor's Column

Most of you have been aware of my efforts to get the address list up-to-date. A big "thank you" to all of you who replied.

There are, however, still many people with whom we have lost contact. I have added quite a few of those names to the list and have made some attempts to track down one or two.

You can see the result in the private version of this newsletter.

Beginning with this issue, I have introduced a colour coding to mark recent updates and I also added some markers for (CUOC) captains (♣) or Varsity Match organisers (♣).

The list is a start, but on its own it is useless unless someone starts organising our club. An example of this was our informal get-together at the Scottish 6 Days. Now it is your turn to show some initiative!

Eric Roller

HOW DO I SUBSCRIBE?

Simple, keep your email address up-to-date on the [DrongO members' list](#):

www.drongo.org.uk

(click on mailing list "information page").

CUOC 40th Anniversary

By Blanka Collis

As some of you may already know, the academic year 2010/11 will be the CUOC 40th anniversary and it would be nice to do something to celebrate this. I intend to ask the CUOC committee, once it is elected in April, about the possibility about DrongO joining them for the annual dinner during that year (in a style similar to what happened for the 25th anniversary) but this will depend on who is around and whether they are up for it.

If the celebration as part of the annual dinner is unfeasible, I suspect we'll try and arrange a dinner in Cambridge at some suitable point during that year.

Maybe we could also try and put on an event on the occasion?

It would be great to have some input from the rest of you so if you have ideas on how and when we should celebrate then please get in touch.

[For contact details, you can find Blanka in the address list at year 2001].

Also, if you know of any ex-CUOC members who don't know about DrongO, then please let them know, as it would be nice to get as many people involved as possible.

SPECIAL 40-YEAR ISSUE?

What do you think, shall we have a special newsletter for the occasion? If so, then I need tons of gossip and your best CUOC anecdotes. Got any old newsletters with stuff that we should re-print? [Send it to me!](#)

IDENTIFY THIS DRONGO:

Hint: Loves Vindaloo and is still going fast!



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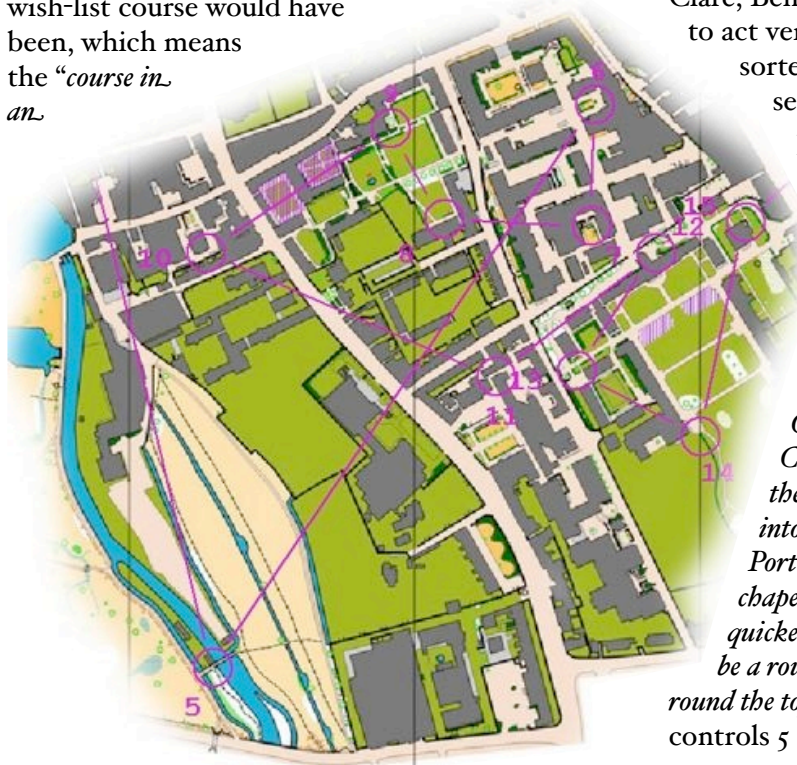
INAUGURAL CAMBRIDGE CITY RACE 17TH OCTOBER 2009

Blanka Sengerová/Collis

After much anticipation and after being long in the making, the Cambridge City Race took place on a sunny Saturday in October, acting as a warm up to the Compass Sport Cup final for some, as part of the [Nopesport Urban League](#) for others and simply as the long awaited inaugural race around Cambridge for pretty much all the participants.

With two Oxford City races having taken place in the past (2006 and 2007), people vaguely knew what to expect with the fun of running round the colleges and were looking forward to running round the other (better?!) of the Oxbridge university towns. The postponement that was forced by the snow and ice in February arguably added to the excitement (the longer you have to wait for something, the more exciting it gets) of the event although I suspect it wasn't appreciated by either planner or organiser. Fortunately neither Ben Stevens (planner) nor Clare Sutherland (organiser) were graduating this year so could both continue in their functions for the postponed event. The limited number of entries (due to restrictions placed on the total by City Council and some Colleges) led to a rush of entry swapping on nopesport in the few weeks running up to the event...

After some investigative journalism (= e-mail to the planner!) I discovered what the wish-list course would have been, which means the "course in...
an_



ideal world where all the colleges would give CUOC permission to use their grounds". Had that been the case, you might have started from Jesus Green and been taken on a tour of St John's, followed by a bit of the town centre, then whistle-stop tours of Pembroke, Peterhouse and Queens' followed by returning northwards to Trinity, then via part of Sidney Sussex, through Emmanuel (including the road underpass) and then some streets behind Parkside school, finishing off through Jesus and finally onto Jesus Green.

OK, that was maybe a bit ambitious on the obtaining permissions front, but the details of the original February event were acknowledging St John's, Trinity, Pembroke, Queens' and Jesus, as well as the University for the use of the New Museums and Downing sites so the courses looked to be taking the competitors on a grand loop of the city with brief detours through some of the colleges (and from what I hear a control with the description of "whale, foot". As the country came to a stand-still in February due to some (lots of) white stuff, CUOC were rushing to decide whether or not to hold the race as originally scheduled, and in the end had to postpone due to colleges and City Council worrying (justly) about the possibility of people slipping on icy paths and injuring themselves and/or others. The organising team of Clare, Ben and Mike Capper (controller) managed to act very quickly and had an alternative date sorted out ready to fit into the autumn season.

Inevitably, despite the great flexibility of both City Council and Colleges in rescheduling the event, the large number of owners led to some changes in permissions on the new date. As Ben, the planner, explains, *"over the summer we lost access to Queens' College and one of the university sites, so Clare rushed to get permission from Downing College as a replacement, and I had to re-plan the middle of courses 1-4. The gate we were using into Pembroke College changed from the main Porters' Lodge (hatched purple on the map) to the chapel gate, with the result that I didn't notice the quickest route from 5-6 on course 1 - it was meant to be a route choice between going round the bottom and round the top."* You can see the route choice between controls 5 and 6 on the men's course in the picture.

Judging by the routes put up on RouteGadget, none of those who drew their route took the southern route (via Fen Causeway), the vast majority ran through the unspotted route through Pembroke and only Ollie O'Brien and Dan Halliday took the northerly Pembroke Street route.

The general layout of the course took competitors from Jesus Green past the ADC Theatre and into John's, followed by a "round the back or along St John's Street/Trinity Lane" decision to one of two controls in Garrett Hostel Lane. The routes were more similar in length for the W Open/M40+ course than the men's course, where the control was a bit further West, but in both cases the vast majority of runners took the route across the river, so avoiding the busy tourist route. This was followed by a long leg to the Downing site for most courses (except for the Open Men, who got taken onto Coe Fen first), and then by some short snappy legs around the Downing site and Pembroke College. The shorter courses then had a very long route choice leg across the city from the back of the Careers' Service building (off Mill Lane) towards Jesus College, whilst the longer courses went through Downing before being taken out across Parker's Piece and around the back of Parkside School. Ben says that *"the week before the race, we lost access to Parkside School - which meant I had to move 137, but this actually seems to have resulted in some nice route choice on [the W Open/M40+] course."* All the courses then finished with a few legs around Jesus College, with the M Open being taken on a loop of Jesus Green to end with. Even the Mini (M/W12-) course spent most of the time in Jesus College rather than on the Jesus Green bit, so it provided a good introduction to city racing for the youngest competitors.

The race attracted a pretty high level entry, probably more so than a bog standard Icenian badge event and both the men's and women's open courses were won by current British Squad members Graham Gristwood and Sarah Rollins. GG (now apparently extending his student days at Sheffield Hallam) held off fellow British Squad member Matt Crane by just under a minute, with third place shared by Cambridge University fresher Matthew Halliday and AIRE's Ian Nixon. Sarah Rollins just (by 18 seconds) beat Australian national team runner Grace Elson (now Grace Crane, but when the original entries were taken she wasn't married yet), who was followed by Oxford University's Anne Edwards. The other courses were won by Martin Ward (SPOOK) on M40+, Alun

Jones (TVOC) on M55+, Thomas Louth (WAOC) on M16- and James Errington (HH) on M12- for the men's classes and Jane Halliday (OD) on W40+, Susan Stevens (AIRE, and the planner's mother!) on W55+, Elizabeth Parkinson (NOC) on W16- and Jessica Beresford (DVO) on the W12- for the women's classes. As for the results of DrongOs running the race, I have spotted the following in the results (apologies if I've missed any of you out but you're all masquerading as your local clubs and/or you have got married and changed your name!):

M Open

Matt Halliday (current CUOC) 3rd
Matthias Mahr 11th
Chris Williamson 42nd
Vaclav Potesil (running as OUOC!!!!) 44th
Simon Thomas 46th
Simon Freytag 50th
Mark Collis 54th
Ben Holland 57th

Men Vet 40+

Neil Crickmore 4th
Colin Smith 6th
Adam Leaf 44th

Men Supervet 55+

Mike Bickle 13th

W Open

Blanka Collis (née Sengerová) 9th
Emma Holland 21st

Women Vet 40+

Susan Crickmore (née ??) 7th

Has anyone spotted anyone else that is missing? If the race happens again next year/in future, it's certainly worth going to, I really enjoyed running through Pembroke during the race and finding controls 8 and 9 nearly right next to my 1st and 4th year rooms in College!

For those of you who missed this race, you can see the courses and maps on RouteGadget linked from www.cuoc.org.uk.

VARSITY MATCH 2009/10

Penhale Sands (Cornwall)

Scott Collier (JOK) has recently sent out an invitation to the upcoming Varsity Match, “*to be held in The People’s Republic of Kernow*”. He quoted a date in March but had to retract that a week later. While the date may be finalised next week, the place appears to be set:

[Penhale Sands](#) for the Individual Champs, which was the venue for the 2007 Harvester and the JK in 1997. It is a luscious, open sand dune area that offers challenging (and fast) orienteering ([GoogleMap](#)).

[Polly Joke](#) will be used for the relays. The area is kind of a northern extension to Penhale Sands and is thus just as good, only smaller. When the JK was there, the elite courses did go there to get some extra distance.

These are prime-time areas and well worth a visit. The only drawback is that “*anybody who takes part in the Varsity Individual day on Penhale will be required to declare themselves non-competitive if they enter the Tamar Triple in late May 2010.*”

Scott wasn’t able to secure a village hall yet. Also, as early March is out of season, many places are closed (in particular, the camp site on the map).

In terms of transport, he wrote that “*there are regular bus links from Truro rail station to Goonhavern, which is within minibus-shuttling distance of Penhale, and the areas are also very close to Newquay Airport - [Air Southwest](#) are currently offering flights from Gatwick, Glasgow, Manchester, Newcastle, Leeds Bradford and Bristol from £30-£40 each way...*”

So we have a map, but no date, no party venue and no accommodation. Sound’s much like a DrongO gig to me.

VARSITY MATCH 2010/11

Třebívlice, Czech Republic

Petr Lukšan has let the cat out of the bag in offering to host the Varsity Match for the following academic year. This being an early announcement, there are still many details to sort out, but assuming our students are willing to go, it will again be a VM abroad — in line with the usual every-third-year-schedule.

Accommodation would be in Třebívlice ([GoogleMap](#)), where he is aiming to use *his own B&B place*.

Bits & Pieces

News from DrongOs around the globe

BEN & HEATHER HARTMAN

Congratulations to Ben and Heather Hartman and their son Matthew Alexander Hartman, who was born on 12 February.

DRONGO WINS !!!

Heather may have had to cut down on training, but given that she won the [W35S class](#) at the [Scottish 6 Days](#) with ease, we do somewhat feel sad for her fellow competitors who never stood a chance to win the pot.

RICHARD BAXTER

... has also been spotted with a baby at the [Scottish 6 Days](#). Congrats to him and his wife Kim!

CHRIS WILLIAMSON

is actually doing a PGCE at Leicester University.

IAN BUXTON

has recently gotten back in touch with us. He “*sort of drifted away from orienteering in the intervening years, so lost track.*” He also got himself a DrongO - top and “*wore [it] in the WMOC sprint qualifying in Sydney - but wasn’t quite brave enough to wear it in the final.*” He came 3rd on M40B.

KEVIN HARDING

also ran at the WMOC sprint and finished 9th on M45A.



BLANKA & MARK COLLIS

have tied the knot the Czech Republic in July, or was it Blanka who did the tie? Lots more photos are on their web site [markandblanka.com](#) (including one where it is finally evident that [I have put on weight](#). Ed.)

DAVID COTTINGHAM

is still in Cambridge, but he has recently “started work for Citrix Systems R&D [...] having spent a few months consulting and job hunting. I spend my time talking to software engineers who work on the XenServer product in Cambridge, and then translating that to partners such as HP and Dell. This means I visit the US fairly frequently! Other than that I continue to be director at N-Sim consultants, and recently became a director at Verieda, an EDA tools company, all of which keeps me busy!”

More importantly, however, he “managed to get to one orienteering event in Spain in May, where I introduced Elke, my wife, to the sport. So we may yet make it to an event in the UK!”

DAVE “FRISKY” BOWMAN

reports that he “bumped into ...

HEATHER MONRO

... at this year’s White Rose – she was camping with her husband and little girl, but not taking the racing so seriously. I think she is more into mountain biking.”

KEITH GRAETZ

He says that he’s “been hiding for many years as middle age and waistline and family life creep up and overtake me. Even my annual appearance at the JK has gone in the last couple of years! Attempt to stay fit by cycling 30 mile round trip to work and doing a bit of running. Finally settled in Hampshire and work in Portsmouth as a consultant, transplant surgeon (another reason why time for running is limited).

Keep up running and I may even make a comeback soon in an attempt to beat you again. You will feel the ground shake as I come up behind you.”

BEN HOLLAND &
EMMA YEOMAN (CUOC)

got married on May 2nd and “spent [their] honeymoon kayaking around the lakes of Malingsbo-klotens naturreservat. Was a lot of fun, if somewhat damp – I think Sweden suffered an unusual amount of rain in the first week of July, at least the tabloid headlines seemed to suggest this when we returned to civilisation!”

[The last week of June was absolutely gorgeous. Ed.]

OMM

The OMM (think: KIMM) appears to remain high in DrongO popularity. In the results, we can spot **Ashley Bown** and Ryan Kestle coming 3rd on the B course. Topping that, **Darrell High** and Nigel Bunn are winning the long score after about 3 times coming 2nd.

On the medium score we see **Chris Marsh** and **Nigel Whiteoak** finishing 46th (of 271) and **Lucy Wiegand** (with Richard Sullivan) 52nd (5th mixed pair).

We may also note that the short score is (again) being won by the current CompassSport editor Nick Barrable (JOK) (with Jonathan Crickmore). We can assume that, unlike Nigel, they weren’t carrying any whiskey!

PETR LUKŠAN

has “just moved to Harpenden [and] is still at UBS in London. I really got into sea kayaking, e.g. learned to eskimo roll and bought my own boat that I keep in Ireland.” On top of that, he is “planning on trying [geocaching] with his kids (Daniel 4 and Alice 2). Not quite orienteering as no maps involved but could be fun nevertheless.”

DAVE BOWMAN

rediscovered us after reading about DrongO in the recent issue of *CompassSport*. It then took him a weekend to read through all the 5 recent issues on our webpage. He puts us all into shame by submitting a longer update:

“So what’s been going on in my world? I have been back in the UK for 3 years now with my family, after 3 years in South Africa then 5 years in Poland. I work in Leeds and we live on the outskirts of the city, so we are members of *Aire*, which is great – it’s a good enough club to guarantee *CompassSport* Cup finals most years, but not so packed with squaddies or ex-squaddies that you get lost in the crowd... Some pretty good orienteering areas on our doorstep, if you like treacherously steep rocky forests and ankle-breaking limestone pavement moorland. After the relative orienteering wilderness of Warsaw, it is great to have events on Sundays, Wednesdays and Saturdays most of the year round. Whenever there is a Sunday event in the Yorkshire area I drag the family along – fortunately they don’t need to be dragged too much.

I am enjoying my recent move into M35: I still get to run Brown, but don’t have to compete for positions with the young M21s any more. It’s a rather small age category though – I won both days M35L at the *White Rose* this August, but there were only 6 entrants, of whom one mispunched and one retired... I am not complaining – I got my WR mug. But I was chatting to the controller on the way to the Day 2 start and he said “oh, about 15 years ago we used to get over 100 entries on M35”. Well, thanks very much! Maybe some more DrongOs should get out and boost the ranks of these dwindling middle-age classes?”

My wife, Marion, runs at W40 now, but tends to go for value for money in terms of how long she spends out in the forest. Used to orienteering in the open veld of her native South Africa, she finds that European terrain has "too many trees", but she always gets back eventually with tales of birds she has spotted in the forest... Amy (7) is just about doing white courses by herself now. Joanna (5) is still content to do the string course, so long as she gets some nice sweets at the end.

I found a few photos from a pre-digital age, which I have scanned here and might bring back a few memories for DrongOs.

The first 3 are from the CUOC summer barbecue (1993 I think) It was a very civilised start – even Heather Munro made an appearance. But then the desserts came out and things got a bit messy. The next one is an idyllic shot of a CUOC picnic on the banks of the Cam out towards Grantchester. You can make out that Andy Varley has his shirt off, so it really must have been warm... Then it's a pre-Varsity Match photo – Clent Hills 1993, I think. Everyone looking bleary-eyed in the bright sunshine after an early start and a long drive

– Cambridge men lost narrowly, but the women won. And finally the victorious DrongO relay team at the 1997 White Rose. I still have one of those lovely yellow mugs, but don't try to dress up as a control kite any more."

[I put the pictures up on the Swedish edition of the DrongO web page. Ed.]

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A BLAST FROM THE PAST

Another one of Nigel Whiteoak's classics where he explores how much stick some of our cherished members' can take. This one stands out for it's good caricatures (I retyped the text for better readability).

Blind Date

"Well Loz, it's the CUOC training tour, so a chance for you to play the 'Home and Away' game and try your luck with one of the CUOC lovelies. But who will your choice be? Don't decide just yet. Here's our Nigello the magnificent to help you decide."

"Well Loz will it be the contestant number one, our Karen. She's an exiting lass who's just moved to that pumping metropolis Milton Keynes to count some more microbes....."

"...or what about that big girl Andy? He likes his computers, but promises of you pick him he won't byte..."

"Or maybe contestant three, Viv. You could stop up all night and drink vodka with her, the be too pissed to drive the bus or even buy her a present for 'all the hard work she did organising the trip' (those 2 phone calls)."

DLOG¹: RANTS FROM A GRUMPY OLD FELLOW**WHY THE F*** DO WE DO IT?**

After having been diagnosed with Borrelia, I have had some time to re-think my life. And, you know, sometimes I wonder why we go out and put ourselves under so much risk:

You run a fairly good chance of spraining your ankles. And if you haven't done it yet, rest assured that you will do in one of the years to come!

You risk getting something into your eyes or ears! The latter did happen to a [Mari Fasting](#), a Norwegian elite runner at the World Cup races during O-Ringen 2007.

Like [Martin Johansson](#), you can end up with a branch stuck into your quadriceps. Admittedly, a rare incident, but now we know that it can happen!

You could step into a rocky hole and lacerate your leg. Or you could strain your knee. One of my nightmares is to actually break a leg, but I guess you would have to be extremely unlucky for that to happen. Or you could be suffering from osteoporosis in which case you shouldn't be in the forest in the first place.

You could catch a cold. Interestingly, given how often we get drenched or run without "appropriate" clothing, it is a small miracle that we do not get a cold very often. Could it help that we are in good shape? (Your mileage may vary).

You make yourself a prime target for ticks and the bacteria or viruses that they may carry. [Lyme disease \(Borreliosis\)](#) and [tick-borne encephalitis \(TBE\)](#) are two well-known examples.

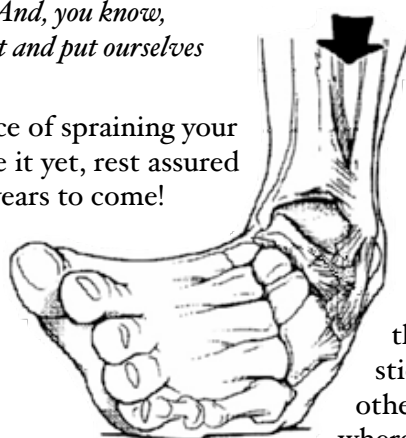
You could get lost. Well, may be only for a minute or so. But you could!

You could cut your forehead. I have a wage recollection of having done this a couple of times and I can give you my advice on this subject: this is a very good chance to get your head examined!

If you are untrained, over-weight, ill, or better yet: all tree of those, you could suffer a heart attack. On the other hand, you could have get that in bed too.

Let's also take a moment to honour our common enemies: [achilles tendonitis](#), [plantar](#)

[fasciitis](#) (pain under the foot), [knee pain](#) (runners knee) and hip pain.



There is a small risk involving wildlife. You could meet wild boars, bears, wolves, or mad elk and if you are extremely lucky, you could find yourself between them and their offspring.

There is a higher risk of getting attacked by "domesticated" animals, which of course means: dogs. Some people recommend standing still and ignoring the fellow. Others recommend taking two sticks: one for the dog to bite into, the other to whack it over its head with - but where do you get those sticks from when you need them? Some also have succeeded in scaring of the dog by "attacking" it. A last resort may be to punch their eyes out. You choose.

You could fall off a cliff. I seem to be doing this regularly in my dreams, so there must be something to it!

Mostly when training on your own, you risk getting shot by an over-eager hunter. And let's not forget that they like to "stay warm" with products like [Jägermeister](#) (master of hunting).

THEN THERE ARE THE MORE MUNDANE RISKS:

You could get beaten by a 16-year-old.

As Martina Karlsson ([IK Hakarspojarna](#)) found out at this year's O-Ringen in Eksjö, you could have your ruck-sack stolen from the assembly field.

You could have your car broken into at the car park, but I would argue that that risk is actually higher in towns than on a muddy field.

You could have a car accident. I sincerely hope, you don't.

And, of course, you could be stupid enough to train or compete when injured or lill.

SO, WHY DO WE DO IT?

On the bright side, my Borrelia infection was of the mild variety and could be treated by a 10-day cure of Penicillin.

¹ Dlog. noun. A log of an old DrongO member. Origin: a shortening of DrongO Log. Derivatives: Dlogger